Be proactive, not reactive or complacent

Who made the test?

For what purpose? What does it measure?

How is the test structured? Time? Question type? Scoring?

S.O.A.P.

Next three steps

The right time to stress is in your preparation, the day of the test day you should be relaxed… so you can perform

Importance / significance of test should serve as motivation to prepare

Too much stress about each test point or the results on test day can interfere with your best performance

Adopt or develop a strategy for preparation and approaching each type of question

WORK, both harder and smarter

Use what you all ready know works. Any parallel experiences that apply?

What materials exist to give you insight?

Practice to become comfortable; prevent the “blank-out”

Put your mind, body, tools in the best position for success

Mentally prepared

Rested – within routine

Fueled, hydrated

Comfortable

Required tools, contingency tools, eliminate distractions

Actively listen, actively read, follow cues and directions

PSAT / SAT planning:

BHS BHS ? BHS ?

Senior = **Oct** Nov Dec Jan Mar May Jun

Junior = **Oct** Nov Dec Jan Mar May Jun

PSAT

Sophomore= **Oct** Mar May Jun

PSAT

PSAT given at BHS during the school day (pd 01-04) mid October every year

SAT hosted at BHS every Oct , March, then May or June

SAT hosted at Hazleton HS each and every time offered

Be proactive:

|  |  |  |
| --- | --- | --- |
|  | S A T | P S A T / N M S Q T |
| Who made the test? |  | |
| For what purpose? What does it measure? |  | *Preliminary* |
| *National \_\_\_\_\_\_\_\_\_ Scholarship \_\_\_\_\_\_\_\_\_\_\_\_ Test* | |
| How is test structured? Time? | \_\_\_ min instructions, \_\_\_hr \_\_\_min testing time | \_\_\_ min instructions, \_\_\_hr \_\_\_min testing time |
| Question Type? Time? | ­\_\_\_ timed sections | \_\_\_ timed sections |
|  |  |  |
|  | Critical \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_Sections \_\_\_min total | Critical \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_Sections \_\_\_min total |
|  | 48 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ; \_\_\_ sentence completion | \_\_\_ Multiple choice; \_\_\_ sentence completion |
|  | Math \_\_\_ Sections \_\_\_ min total | Math \_\_\_ Sections \_\_\_ min total |
|  | \_\_\_ Multiple choice; 10 \_\_\_\_\_\_\_\_\_\_\_ | \_\_\_ Multiple choice; 10 \_\_\_\_\_\_\_\_\_\_\_ |
|  | Writing \_\_\_ Sections \_\_\_min total | Writing \_\_\_ Sections \_\_\_min total |
|  | \_\_\_ Multiple Choice; 1 \_\_\_\_\_\_\_\_\_\_\_\_ (\_\_\_ min) | 39MC=\_\_sntnc error,\_\_\_imprv sntnc, \_\_\_ imprv par |
| Scoring |  |  |
| Reading | MC correct = \_\_\_ omitted = \_\_\_ incorrect = \_\_\_\_ | |
| Math | MC | |
|  | Grid in/free response correct =\_\_\_ omitted = \_\_\_ incorrect = \_\_\_ | |
| Writing | MC correct = \_\_\_ omitted = \_\_\_ incorrect = \_\_\_\_ | |
|  | Essay = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (\_\_\_\_ points) | X X X X |
|  | Most students complete \_\_\_\_% of SAT  Close to \_\_\_\_% finish the entire SAT  Average student gets \_\_\_\_\_\_\_\_% correct. |  |
|  |  |  |

The right time to stress is in your preparation, the day of the test you should be relaxed… so you can perform your best

|  |
| --- |
| The importance/significance of test should serve as motivation to prepare: |
|  |
| Too much stress about each test point or the results on test day can interfere with your best performance. |
|  |

Adopt or develop a strategy for preparation and approaching each type of question.

|  |  |  |
| --- | --- | --- |
| Work smarter as well as harder |  |  |
| Use what you know all ready works.  Any parallel experiences? |  |  |
| What materials exist to give you insight? | <http://sat.collegeboard.org/home> | [www.collegeboard.com/student/testing/psat/about.html](http://www.collegeboard.com/student/testing/psat/about.html) |
|  | <http://sat.collegeboard.org/practice/sat-study-plan> | www.collegeboard.com/student/testing/psat/about/ontest.html |
|  | \*\* <http://sat.collegeboard.org/practice/sat-skills-insight> | |
|  | <http://sat.collegeboard.org/practice/sat-practice-questions/reading-tips> | |
|  | <http://sat.collegeboard.org/practice/sat-practice-questions/math-tips> | |
|  | <http://sat.collegeboard.org/practice/sat-practice-questions/writing-tips> | |
| Practice to become comfortable; prevent the “blank-out” | | |
|  | \*\* <http://sat.collegeboard.org/practice/sat-question-of-the-day> | |
|  | <http://sat.collegeboard.org/practice/sat-practice-test> | |
|  | [www.studyisland.com](http://www.studyisland.com) [www.khanacademy.org](http://www.khanacademy.org) [www.studentedge.com](http://www.studentedge.com) | |

Put your mind, body, testing tools in the best position for success:

|  |  |  |
| --- | --- | --- |
| Mentally prepared |  |  |
|  |  |  |
|  | Seating and registration \_\_\_ min | Seating and registration \_\_\_ min |
|  | Critical Reading \_\_\_ min | Critical Reading \_\_\_ min |
|  | Critical reading \_\_\_ min | Critical Reading \_\_\_ min |
|  | Critical reading \_\_\_ min | Math \_\_\_ min |
|  | Math \_\_\_ min | Math \_\_\_ min |
|  | Math \_\_\_ min | Writing \_\_\_ min |
|  | Math \_\_\_ min | \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
|  | Writing \_\_\_ min | Different students,  Different \_\_\_\_\_\_\_\_\_\_/  Different \_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Writing \_\_\_ min |
|  | Writing \_\_\_ min |
|  | Variable – CR, M, or W \_\_\_ min |
| Rested – within routine |  | |
| Fueled, hydrated |  | |
| Comfortable |  | |
| Required testing tools, items |  |  |
|  | <http://sat.collegeboard.org/register/sat-test-day-checklist> | |
|  | <http://sat.collegeboard.org/register/sat-test-day-tips> | |

Actively listen, actively read, follow cues and directions